



PEDIATRIC OFFICES OF: SAVEL, KELLY, BOREMAN & ODOM, M.D.'S

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Feeding Instructions

1. Continue to feed your baby breast-milk or formula until one year of age. If your baby is on special formula like soy, it is ok to challenge with regular (milk-based) formula as long as no problems were noted recently. If baby cannot tolerate the regular formula then go back to the special formula.
2. WATER: You may give your baby a total of 8oz of water per day.
3. SOLIDS: Estimated volume $\frac{1}{2}$ to 1 cup total, three times a day to start with.
4. General outline or suggestions for feeding:
BREAKFAST: Cereal and Fruit.
LUNCH: Yogurt and Fruit.
DINNER: Meat and Vegetables.
*It is ok to use table food (made with a blender or grinder) or baby food. Make sure you avoid the list of foods below:
5. Most common foods to cause allergy are: peanuts, eggs, strawberries, pineapple, orange juice, chocolate, fish and wheat. Introduce these foods last and only one at a time. Also, avoid honey until one year of age.
6. ALLERGIC REACTIONS: may look like rashes (especially around the mouth), vomiting and/or diarrhea.
7. Please get into good habits about feeding your baby and look for signs that he/she is full and had enough. NEVER FORCE FEED.